

FACIAL SKIN REJUVENATION ACUPUNCTURE



MAKE YOUR SKIN YOUNGER!!!

Boost collagen & elastin

- Needles stimulate deep circulation and natural collagen production
- Helps soften fine lines and wrinkles (especially forehead and smile lines)

Brighter and youthful appearance

- Increases blood flow which gives better oxygen and nutrients to the skin, leaving skin looking brighter and more even

Lifts & tones facial muscles

- Helps with sagging cheeks, jawline definition, and droopy eyelids over time
- Relaxes overworked muscles (frown lines, jaw tension)

Reduces puffiness & undereye circles

- Improves lymphatic drainage, aids in morning swelling and tired looking eyes

Helps acne & inflammation

- Balances oil production and calms redness/inflammatory acne

WHOLE BODY BENEFITS

Reduces stress

- Activates the parasympathetic nervous system, which promotes stress relief and better sleep

Relieves jaw tension & TMJ

- Excellent for clenching, grinding, and headaches

Hormonal balance support

- Can help skin changes related to PMS, perimenopause, or stress

AT A GLANCE

What is it?

Facial acupuncture isn't just about looks—it works on the skin + muscles + circulation + nervous system.

Our Prices & Time Line

First appointment: \$200

Returning appointment: \$150

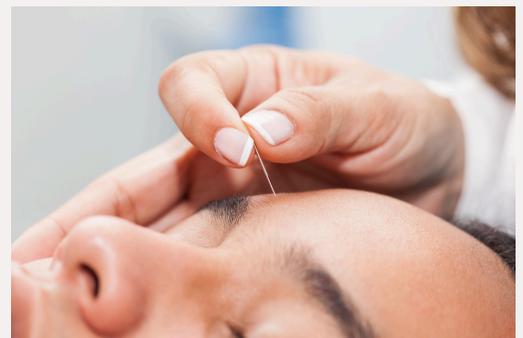
10 sessions for \$1350

(\$50 cancellation fee)

Best results come from weekly sessions for 6-10 treatments, then maintenance

WHY PEOPLE CHOOSE FACIAL ACUPUNCTURE OVER INJECTABLES

- No Toxins or Fillers
- Natural, Subtle results
- Improves skin health, not just appearance
- Minimal downtime



FACIAL SKIN REJUVENATION ACUPUNCTURE DO'S & DON'TS

WHAT TO DO:

Hydrate Well

- Drink plenty of water the rest of the day to support circulation and collagen response

Rest and keep it gentle

- Light activity is fine, but think of it as a “calm day” not bootcamp
- Good sleep = better skin repair

Use gentle skincare

- Mild cleanser, simple moisturizer
- hyaluronic acid or light facial oil is usually okay
- Always use sunscreen

Cold Compress (if needed)

- If there's mild redness or swelling, a cool (not icy) compress for a few minutes helps

Expect Subtle Changes

- Glow, mild tightness, relaxation
- Results build over a series of sessions, not just one! Be patient and trust the process

WHAT NOT TO DO:

Avoid Heat

- No sauna, steam, hot yoga, or hot baths, hot water on face for 24 hours
- Heat increases redness and bruising

Skip intense workouts

- Heavy sweating and high heart rate can irritate needle sites

No Makeup Right Away

- Avoid makeup for at least 12 hours after a session to prevent irritation or infection

Avoid Harsh Skincare

- No retinol, acids (AHA/BHA), exfoliants, peels, microneedling or facial devices
- skip facial massage tools on the same day of treatment

Limit Alcohol and Caffeine Intake

- Alcohol increases bruising and excess caffeine can dehydrate the skin

Avoid Sun, Wind, Strong AC Exposure

- Don't tan or sunbathe; freshly treated skin is more sensitive
- Sun, Wind, and AC can make sensitive to have undesirable reactions

EXTRA TIPS:

- TINY BRUISES CAN HAPPEN--normal part of the process and temporary(usually lasts about 7 days). Put sunscreen and limit sun exposure
- Arnica cream is often recommended for faster healing
- BEST RESULTS COME FROM WEEKLY REPEAT OF 6-10 TREATMENTS, then maintenance